



PT Enhancement for 23JAN10:

Push-Up Power. This upper-body workout will really work your arms and chest. You will feel your push-up ability improve as we attack those muscles from every angle. Join us and “bring it!”

PT Enhancement for 20FEB10:

Leg and Balance: This is a very interesting workout which will focus on working your legs as well as improving your balance. Both of these are vital for overall health/fitness and injury prevention. Join us, set the example, learn something and be part of the solution. I'll thank you, your country will thank you and your body will thank you!

235th KSRTI PT Enhancement Website:

<http://kansastag.ks.gov/RTI.asp?PageID=243>

235th KSRTI PT Enhancement T-Shirts:

Coming early 2010

235th KSRTI APFT: OCT2010

TAG APFT Competition: 18SEP2010